



Balance Your Day



It's important to drink milk and eat cheese, especially from Idaho, to make your bones and teeth healthy and strong!



Choose colorful vegetables from Idaho, such as carrots, to make your meal bright and fun!



Idahoan lean beef and trout are other good protein foods to help you build strong muscles!



Playing and exercising is important too! Get outside and enjoy the natural beauty of Idaho's outdoors!



Try different Idahoan peas and beans which are loaded with protein to help you build strong muscles!



If you want a naturally sweet Idaho treat, pick some raspberries or blueberries from Idaho to satisfy your sweet tooth!

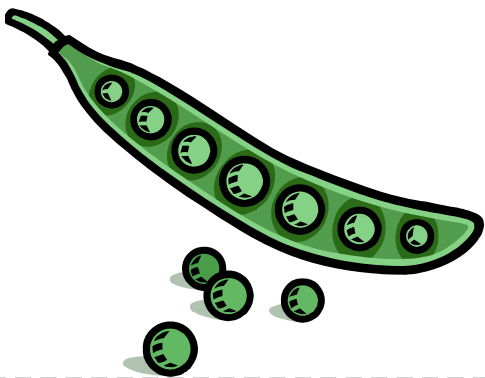


Make sure half of your grains are whole grains, such as Idaho wheat.



With Idaho Foods and Play!



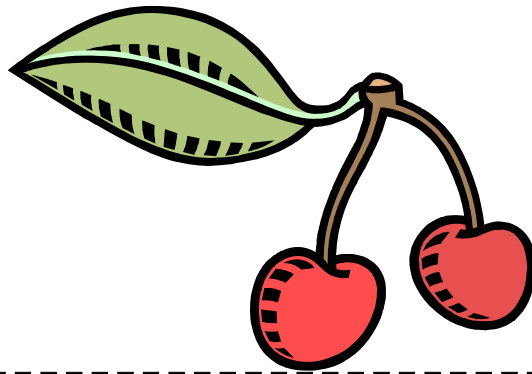
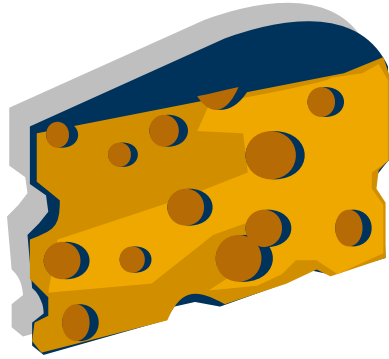
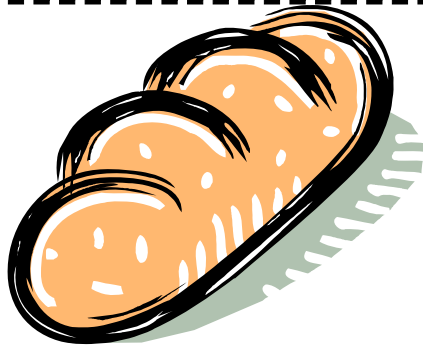


Ba

dance Y

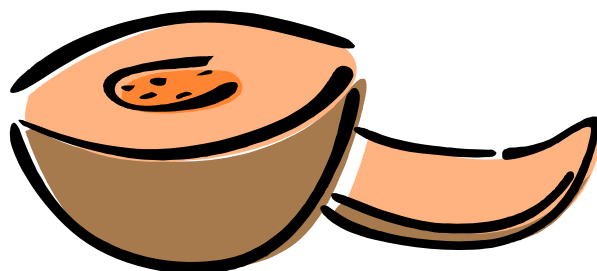
Your Da

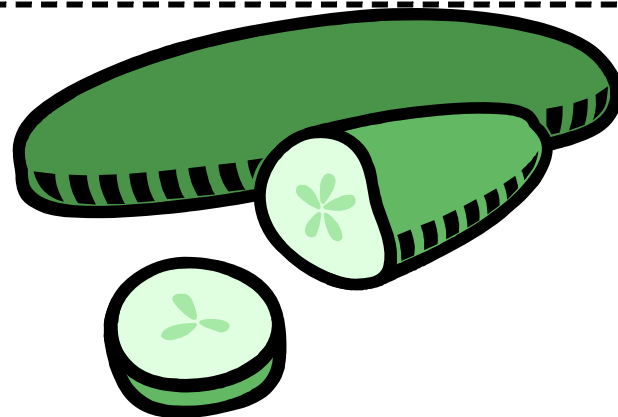
ay





With :

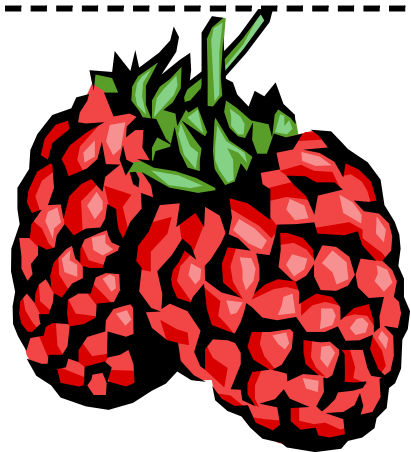




Idaho Foo



ods and Pla



ly!





Make sure
half of your grains
are **whole grains**,
such as
Idaho wheat.



Choose colorful
vegetables from Idaho,
such as **carrots**, to make
your meal bright and fun!



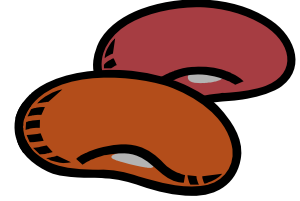


If you want a
naturally sweet Idaho treat,
pick some
raspberries or
blueberries from Idaho to
satisfy your
sweet tooth!

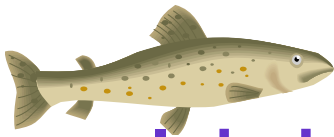


It's important to drink milk
and eat cheese,
especially from Idaho, to
make your bones and teeth
healthy and strong!

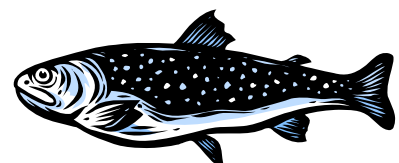
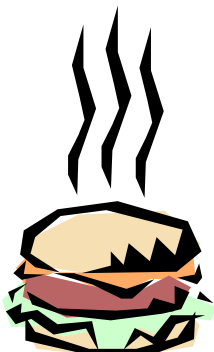




Try different
Idahoan peas and beans,
which are loaded
with protein, to
help you build
strong muscles!



Idahoan lean beef and
trout are other good pro-
tein foods to help you
build strong
muscles!





Playing and
exercising is



important too! Get out-
side and enjoy the natural
beauty of Idaho's out-
doors!

